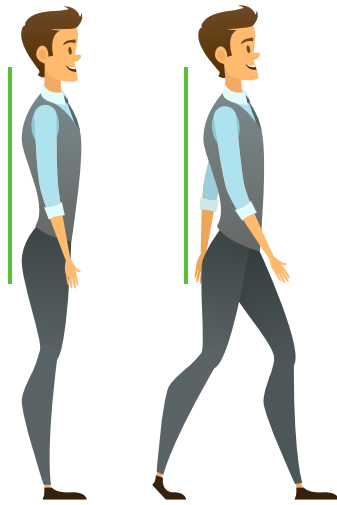
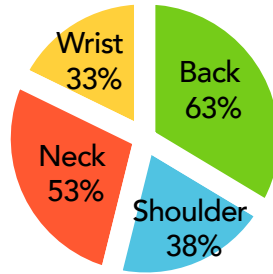


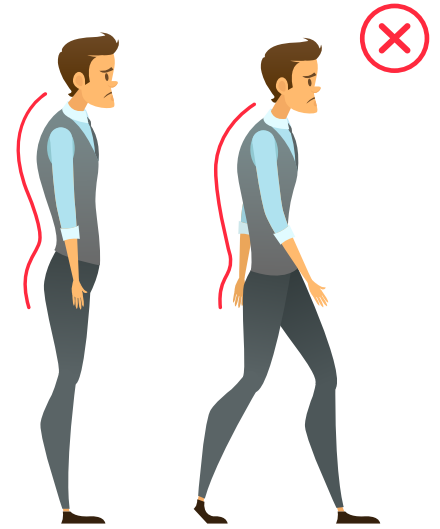
Why Posture Matters



The Most Common Areas of Pain from Poor Posture

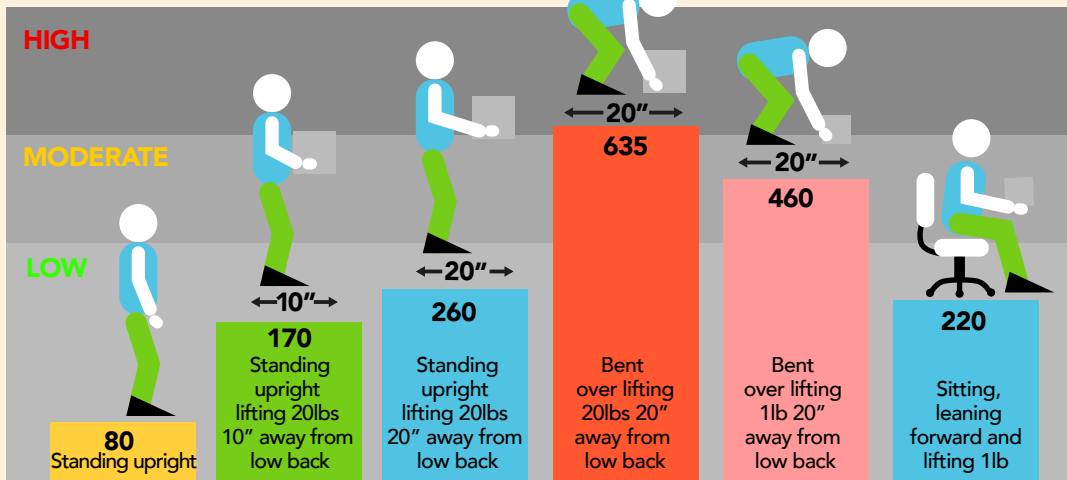


Poor posture causes chronic back and neck pain, migraines, stress, sleep disturbances, neural problems, muscle strain, disc degeneration and many more problems.



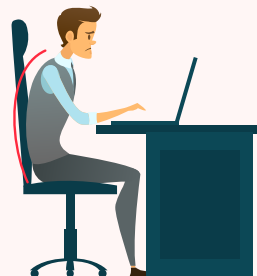
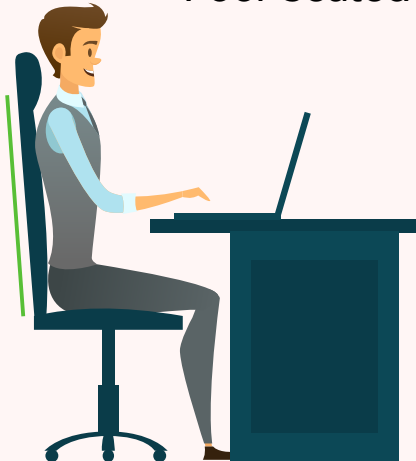
Why Lifting Correctly is Particularly Important

RISK OF INJURY



POUNDS OF COMPRESSIVE FORCE ON LOWER BACK

Poor Seated Posture Causes Many Muscular Changes



Sitting slouched or hunched over puts 200lbs of pressure through your lumbar spine. Poor sitting posture results in shortened hip flexors and long weak gluteus muscle, rounded shoulders and a head forward (poking chin) posture.